

# NMCP Wellness Department Announces

Open to NMCP Staff

## Join Today!



**Indoor Trail Maps Available with 1/2 mile and 1 mile directions. May download from Wellness Department Website.**

**Outdoor Map coming soon!**

For more information, please go to the [Wellness](#) link on the NMCP webpage, and then click on "Walking Program" in the left menu for more information. Be sure to register by instant e-mail. Or call 953-9234/ 9246.